



## WIC and Breastfeeding

### What Every Health Care Professional Should Know About Maryland WIC Breastfeeding Services

Breastfeeding is the healthiest way for a mother to feed her baby. WIC promotes this philosophy, and supports mothers who choose this normal way of feeding. WIC encourages exclusive breastfeeding for the first six months of life and continuation of breastfeeding for as long as mother and baby choose.

The WIC Program provides individual breastfeeding support and assistance. We employ staff, including International Board Certified Lactation Consultants and peer counselors, to provide breastfeeding education



and support services. We offer breastfeeding classes at local WIC agencies.

WIC supplies the largest amount of supplemental foods to women who exclusively breastfeed their infant. We support breastfeeding mothers who work outside the home or attend school by providing breast pumps, when appropriate.

WIC serves as a resource for health care professionals and educational institutions, providing consistent breastfeeding information in the community.

*The Maryland WIC Program is committed to helping families have positive, successful breastfeeding experiences.*



### WIC for a Healthier Maryland

WIC is a nutrition program for pregnant women, postpartum women, infants and children up to age five, living in Maryland, who have income less than or equal to 185 percent of the Federal poverty income guidelines.

WIC food packages and nutrition education positively improve the dietary quality and habits of our participants. The food packages are designed to meet the special nutritional needs of the WIC population. WIC foods, provided at no cost to the participant, may include fruits, vegetables, whole grains, milk, eggs, beans,

cereal, juice, cheese, peanut butter, canned fish, and infant foods.

WIC participants can have a job or be unemployed. They can be married, single or live with their parents.

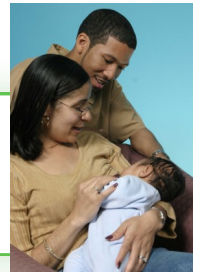
Fathers, mothers, guardians or grandparents may apply for children under age five.

Those receiving Medical Assistance, Food Stamps, Temporary Cash Assistance or Foster Care are automatically income eligible for WIC.

# The Maryland WIC Program

- ☑ Promotes and supports **breastfeeding** as the normal way to feed infants.
- ☑ Encourages women to exclusively **breastfeed** for the first six months of life.
- ☑ Provides guidance and hands-on assistance to women and their children for as long as they choose to **breastfeed**.
- ☑ Employs knowledgeable staff, including International Board Certified Lactation Consultants and peer counselors, to implement **breastfeeding** education and support services.
- ☑ Offers **breastfeeding** classes at some local WIC agencies.
- ☑ Gives the largest amount of supplemental foods to exclusively **breastfeeding** women/infant dyads.
- ☑ Supports **breastfeeding** mothers who work outside the home or attend school. Participants have access to breast pumps through WIC, as needed.
- ☑ Serves as a resource for health care professionals and educational institutions, providing consistent **breastfeeding** information in the community.

For more information on WIC breastfeeding support services,  
contact a local WIC Agency listed below or  
call 1-800-242-4WIC (4942).



Allegany County 301-759-5020	Carroll County 410-876-4898	Harford County 410-273-5656	Somerset County 410-749-2488
Anne Arundel County 410-222-6797	Cecil County 410-996-5255	Howard County 410-313-7510	St. Mary's County 1-877-631-6182
Baltimore City: <i>Health Department</i> 410-396-9427 <i>Johns Hopkins University</i> 410-614-4848	Charles County 301-609-6857	Kent County 410-810-0125	State WIC Office 410-767-5242
Baltimore County 410-887-6000	Dorchester County 410-479-8060	Montgomery County 301-762-9426	Talbot County 410-479-8060
Calvert County 1-877-631-6182	Frederick County 301-600-2507	Prince George's County: <i>Health Department</i> 301-856-9600 <i>Greater Baden</i> 301-324-1873 <i>Greenbelt Area</i> 301-762-9426	Washington County 240-313-3335
Caroline County 410-479-8060	Garrett County 301-334-7710 <i>Grantsville residents</i> 301-895-3111	Queen Anne's County 410-758-0720	Wicomico County 410-749-2488
			Worcester County 410-749-2488

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